

Funeral Preparation

Saying goodbye to a loved one is a difficult experience, further complicated by the funeral arrangements that need to be handled. Knowing the facts and options can help guide your decisions and make the planning easier.

Family Decisions

If the deceased prearranged his or her funeral and disposition (burial or cremation), ensuring that the deceased's wishes are carried out will be much simpler. Work with a funeral director and family members to help supervise the wake, funeral services, final disposition and other details.

If final preferences weren't indicated, your family will need to work closely with the funeral director, clergy and a family attorney to ensure that all the details are fulfilled.

Working with the Funeral Home

Choose a licensed funeral home director, who can help with everything from selecting the cemetery and planning the post-funeral luncheon to contacting the necessary companies to arrange for disbursement of benefits entitled to you.

Call or visit a few funeral homes to compare prices of general services, caskets and outer burial containers. The costs of general funeral home services, which can average roughly \$6,000 and up, typically include fees for:

- › The initial conference, consultations, overhead and paperwork
- › Embalming and dressing the body. This is unnecessary unless immediate burial cannot occur within a prescribed time frame, you opt for a wake/viewing service, or the body must be transported out of the state or country.
- › Transportation of the body to and from the funeral home
- › Facility costs for the viewing, wake or visitation
- › Extra items, such as flowers, obituary notices and music

Getting Help

You may feel overwhelmed by sadness and loss while taking care of the funeral commitments, so do not be afraid to reach out to others and seek professional help from your Employee Assistance Program if necessary.

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at: **888-972-4732**

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